



WINEBOX

### Quinta da Espiga branco

A fresh fish dish calls for a fresh wine. A dusty Portuguese wine from the region of Lisboa in this case.



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WEEK 51  
2016



### A culinary question while cooking?

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Take a picture of your dish and share it via social media. The best photo will win a surprise!

## Cod with purple carrots and vegetable bulgur

With yogurt and fresh herbs

This dish has beautiful autumn colors; green zucchini with bulgur and fresh herbs. The purple sweet carrot makes it slightly different and tastes delicious with the creamy cod. By frying the cod on the skin it becomes deliciously crispy.

store in refrigerator



25-30 min



easy



eat within  
3 days



Fresh parsley, coriander and mint



Full-fat yoghurt



Cod fillet



Purple carrots



Zucchini



Whole-wheat bulgur

## Ingredients

	1P	2P	3P	4P	5P	6P
Zucchini (pc)	½	1	1½	2	2½	3
Purple carrot (pc)	½	1	1½	2	2½	3
Whole-wheat bulgur (g) <b>1)</b>	85	170	250	335	420	500
Fresh parsley (stems) <b>23)</b>	1	2	3	4	5	6
Fresh coriander (stems) <b>23)</b>	2	4	6	8	10	12
Fresh mint (leaves) <b>23)</b>	3	6	9	12	15	18
Full-fat yoghurt (tbsp.) <b>7) 19) 22)</b>	2	4	6	8	10	12
Cod fillet with skin (120 g) <b>4)</b>	1	2	3	4	5	6
Vegetable bouillon (ml)*	200	400	600	800	1000	1200
Olive oil (tbsp.)*	1	2	3	4	5	15 g
Extra virgin olive oil*			To Taste			
Pepper and salt*			To Taste			

\* Add yourself

## Allergens

**1)** Gluten **4)** Fish **7)** Milk/  
lactose  
May contain traces of  
**19)** peanuts, **22)** nuts  
and **23)** celery.

## Utensils

Pot with lid, stir-fry or  
sauté pan with lid, frying  
pan

**Nutrition Facts** 532 kcal | 25 g protein | 49 g carbs | 21 g fat, of which 3 g saturated | 10 g fibres



**1** Prepare the bouillon. Cut the zucchini into cubes and purple carrot in half moons and store separately.



**2** Heat a pan with a lid cook the bulgur over low heat without oil, stirring for 1 minute. Add the bouillon and simmer, covered, until dry for 15 minutes. Add half the zucchini. Then stir with a fork and let stand with the lid on.



**3** Meanwhile, heat half the olive oil in a stir-fry or sauté pan with a lid over medium heat and fry the purple carrot 1 minute. Add 2 tbsp. of water per person, cover the pan and cook for 10 - 12 minutes over medium heat. Season with salt and pepper.

**4** Meanwhile, cut the fresh herbs and mix 1/4 of the fresh herbs with the yogurt. Season with pepper and keep aside.



**5** Heat the remaining olive oil in a frying pan and fry the cod fillet for 4 minutes on the skin side over medium heat. Turn the cod fillet over and cook for 1 - 2 minutes on the other side. Season with salt and pepper.

**6** Mix the bulgur with the remaining fresh herbs, extra virgin olive oil pepper and salt to taste.

**7** Divide the bulgur, purple carrots and cod onto the plates and garnish with the yogurt-herb sauce.

**Tip!** When you chop the purple carrot it gives off a little purple color. This is because the carrot is filled with the dye cyanide, just as in the case of red cabbage. Grease your hands with lemon juice or oil, and it wash them well after cutting, then you won't have to walk around with purple hands!



WIJNBOX

**Masan rouge**  
A juicy red wine always goes well at Eastern flavored dishes. The Grenache grape is especially fruity and thirst-quenching.



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## Chicken with noodles, cabbage and sesame seeds

With red chilli, spring onions and soy sauce

The chicken is seasoned with paprika, ginger and aniseed. The fat that is on chicken thigh provides an extra soft taste. This is why you do not cut it off. The cabbage is added to the mixture so that it will get a delicious taste.

store in refrigerator



30-35 min



easy



eat within  
5 days



spicy



lactose free



Cabbage



Spring onion



Chicken thigh fillet pieces,  
with spiced herbs



Sesame seed



Garlic clove



Red chili



Soy sauce



Noodles

## Ingredients

	1P	2P	3P	4P	5P	6P
Sesame seeds (g) <b>11) 19) 22)</b>	5	10	15	20	25	30
Garlic clove (pc)	1	2	3	4	5	6
Red chilli (pc)	¼	½	½	¾	1	1¼
Cabbage (g) <b>23)</b>	150	300	450	600	750	900
Spring onion (pc)	2	4	6	8	10	12
Chicken thigh fillet pieces, spicy (g)	110	220	330	440	550	660
Soy sauce (ml) <b>1) 6) 19)</b>	15	30	40	60	70	80
Noodles (g) <b>1) 20)</b>	75	150	225	300	375	450
Sunflower oil (tbsp.)*	½	1	1	1½	1½	2
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

**1)**Gluten **6)** Soy  
**11)** Sesame  
 May contain traces of  
**19)** peanuts, **20)** soy, **22)**  
 nuts and **23)** celery.

## Utensils

Pot with lid, stir-fry or  
 sauté pan with lid

**Nutrition Facts** 705 kcal | 36 g protein | 55 g carbs | 36 g fat, of which 22 g saturated | 5 g fibres



**1** Boil 500 ml of water per person in a pot with a lid for the noodles.

**2** Heat a stir-fry or sauté pan with lid over high heat and fry the sesame seeds without oil, until golden brown. Remove from the pan and set aside.

**3** Cut or press the garlic. Remove the seeds from the red chilli and cut the red chilli finely. Cut the spring onions into rings.

**4** Heat the sunflower oil in a stir-fry or sauté pan with a lid and fry the garlic, red chilli and the majority of the spring onions for 2 minutes on low heat. Add the chicken thigh fillet pieces and cook for 4 minutes over medium heat. Season with salt and pepper.

**5** Add the cabbage, soy sauce and 2 tbsp. of water per person to the stir-fry or sauté pan and cook, covered, for 8 minutes.

**6** Meanwhile, cook the noodles in the pot with the lid for 3 - 4 minutes. Then drain and rinse under cold water.

**7** Add the noodles to the stir-fry or sauté pan and heat for 1 minute.

**8** Divide the dish on the plates. Cut the remaining spring onions extra fine and garnish the dish with the spring onions and sesame seeds.







WINEBOX

**Lavila blanc**

Sauerkraut requires a fresh, but fragrant white wine. With this Lavila blanc you have made the right choice.



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## Sauerkraut and potato dish with pineapple and raisins

### Gratin with cheese and pecans

Sauerkraut is one of the few vegetables that does not come directly, fresh, from the country side and onto your plate. This is because sauerkraut takes some time to make. Sauerkraut contains vitamin C and vitamin B. This time the sauerkraut has a special taste, white wine has been added!

store in refrigerator



30-35 min



super easy

eat within  
5 days

vegetarian

kid  
friendly

gluten free



Wijnzuurkool



Old cheese



Eigenheimer potatoes



Pineapple



Pecans



Raisins

## Ingredients

	1P	2P	3P	4P	5P	6P
Eigenheimer potatoes (g)	300	600	900	1200	1500	1800
Pineapple (pc)	⅓	⅔	1	1 ⅓	1 ⅔	2
Pecans (g) <a href="#">8</a> <a href="#">19</a> <a href="#">22</a> )	15	30	45	60	75	90
Raisins (g) <a href="#">19</a> <a href="#">22</a> )	15	30	45	60	75	90
Wine sauerkraut (g)	250	500	750	1000	1250	1500
Old cheese (g) <a href="#">7</a> )	40	75	100	125	150	175
Real butter (tbsp.)*	½	1	1½	2	2½	3
Milk*				Dash		
Pepper and salt*				To taste		

\* Add yourself

## Allergens

[7](#)) Milk/lactose [8](#)) Nuts  
May contain traces of  
[19](#)) peanuts and  
[22](#)) (other) nuts.

## Utensils

Pot with lid, colander,  
baking dish

**Nutrition Facts** 768 kcal | 21 g protein | 92 g carbs | 29 g fat, of which 13 g saturated | 15 g fibres



**1** Preheat the oven to 200 degrees.

**2** Peel the potatoes (Eigenheimer) and cut into 1 cm cubes. Make sure that the potatoes are just under water in a pan with a lid, and bring to a boil and cook the potatoes for 12 - 15 minutes. Then drain and leave, without a lid, to steam.

**3** Meanwhile, peel the pineapple (see tip). Cut the pineapple into cubes of ½ cm. Chop the pecans and raisins coarsely and store separately. Let the sauerkraut drain in a colander. Grease a baking dish with half the butter.

**4** Mash the potatoes until a coarse puree. Add the remaining butter and a dash of milk to make it creamy.

**5** Stir the sauerkraut, pineapple and raisins into the puree. Flavor to taste with pepper and salt.

**6** Spoon the sauerkraut into the baking dish and sprinkle with the old cheese and pecans. Bake for 10 minutes in the oven, or until the old cheese is melted.

**7** Spread the sauerkraut potato dish on the plates.

**Tip!** The easiest way to cut a pineapple is with a coarse bread knife. First remove the leaves. Cut the outside of the pineapple off, cut the remaining flesh into slices and remove the hard core of the pineapple.

This dish is rich in calories. Are you watching your calorie intake? Then you can use 25 g of old cheese per person, 200 g of potatoes per person, and 1 slice of pineapple per person rather than 1/3 of the whole pineapple or the whole pineapple, and leave out the raisins.



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WINEBOX

### Masan rosé

The specific spice suggestion from the winemaker for this wine was a bream. What more can we say...



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## Sea bream fillet with paprika-tomato stew

With crispy fried potato slices

For this delicious fish dish you make your own stew of vegetables and broccoli, diced tomatoes and paprika powder which you season to taste with black balsamic vinegar and honey. In addition, you bake the sea bream fillet on the skin. A delicious combination!

store in refrigerator



35-40 min



easy



eat within  
3 days



kid  
friendly



gluten free



Broccoli



Potato slices



Sea bream fillet



Paprika powder



Garlic clove



Diced tomato





## JAMIES RISOTTO WITH FENNEL, SAUSAGE AND SALAD WITH LEMON DRESSING



with **Jamie Oliver**

Cooking is made easy with HelloFresh

Although it's often seen as slow food, risotto is actually very quick and easy to make. If you prepare all the ingredients, it's just a matter of stirring. Even though the risotto and sausage make for a delicious dish, I've added a crunchy fennel salad. Not only is fennel delicious, it's also a good source of potassium, which we need to keep our blood pressure on a healthy level.



40 minutes



a lot of steps



eat within 3 days



gluten free

store in fridge



onion



fresh thyme



fennel



lemon



pork sausages



fennel seed



chili flakes



risotto rice



Parmigiano Reggiano



mascarpone



## Serves 1

- 1 onion
- 3 sprigs of fresh thyme
- ½ fennel
- 1 lemon
- 1 pork sausage
- ½ tl fennel seeds
- ¼ tl chili flakes
- 75 g risotto rice
- 10 g Parmigiano Reggiano
- 25 g mascarpone

**Good to have at home:** seasalt and black pepper, olive oil, extra virgin olive oil, 600 ml organic vegetable bouillon, optional: 25 ml white wine

## Nutrition per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRES
836.0 kcal	39.2 g	10.1 g	35.2 g	90.9 g	19.5 g	2.6 g	5.6 g

**Allergens:** milk, traces of celery.

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1. Chop the onion and remove the thyme leaves from the sprigs. Halve the fennel and remove the core. Cut the fennel's leaves and store for garnishing. Chop one half of the fennel into small pieces and the other into thin slices with a sharp knife and put the slices in a bowl.



2. Squeeze the lemon over the fennel slices to taste. Drizzle with ½ tsp. extra virgin olive oil, season with salt and pepper and put aside.
3. Cut the ends off of the sausage and squeeze the meat from the skin or slice the sausage in smaller pieces and throw the skin in the trash.



4. Heat 1 tbsp. of olive oil in a medium sized frying pan and fry the fennel seeds, chili flakes (careful, they're spicy!), onion, chopped fennel, thyme and the meat. Loosen the meat with a spoon. Bake for 15 minutes, or until everything is soft.



5. Prepare the bouillon and keep warm on low heat.
6. Stir the risotto rice through the vegetables in the pan and fry for 2 minutes. Pour the white wine (or the same amount of bouillon) in the pan and keep stirring until the liquid is absorbed.

7. Add large spoons of hot broth to the rice and keep stirring until all the bouillon is absorbed. Continue until the risotto is done and creamy. If you run out of bouillon but the rice isn't soft yet, you can use some boiling water instead.
8. Take the pan off the stove and add some salt and pepper to taste. Add the majority of the Parmigiano Reggiano and stir the mascarpone through.
9. Put the risotto on the plates and garnish with the rest of the Parmigiano Reggiano (optional: add the green fennel leaves) and serve with the fennel salad.

*Jamie O*

Have fun cooking! Don't forget to take a picture of your dish and share! #hellojamie



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## Serves 2

- 1 onion
- 6 sprigs of fresh thyme
- 1 fennel
- 1 lemon
- 2 pork sausages
- ½ tl fennel seeds
- ¼ tl chili flakes
- 150 g risotto rice
- 20 g Parmigiano Reggiano
- 50 g mascarpone

**Good to have at home:** seasalt and black pepper, olive oil, extra virgin olive oil, 750 ml organic vegetable bouillon, optional: 50 ml white wine

### Nutrition per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRES
707.0 kcal	31.1 g	9.1 g	30.8 g	80.0 g	10.7 g	2.1 g	3.6 g

**Allergens:** milk, traces of celery.

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1. Chop the onion and remove the thyme leaves from the sprigs. Halve the fennel and remove the core. Cut the fennel's leaves and store for garnishing. Chop one half of the fennel into small pieces and the other into thin slices with a sharp knife and put the slices in a bowl.



2. Squeeze the lemon over the fennel slices to taste. Drizzle with 1 tsp. extra virgin olive oil, season with salt and pepper and put aside.

3. Cut the ends off of the sausage and squeeze the meat from the skin or slice the sausage in smaller pieces and throw the skin in the trash.



4. Heat 1 tbsp. of olive oil in a medium sized frying pan and fry the fennel seeds, chili flakes (careful, they're spicy!), onion, chopped fennel, thyme and the meat. Loosen the meat with a spoon. Bake for 15 minutes, or until everything is soft.



5. Prepare the bouillon and keep warm on low heat.
6. Stir the risotto rice through the vegetables in the pan and fry for 2 minutes. Pour the white wine (or the same amount of bouillon) in the pan and keep stirring until the liquid is absorbed.

7. Add large spoons of hot broth to the rice and keep stirring until all the bouillon is absorbed. Continue until the risotto is done and creamy. If you run out of bouillon but the rice isn't soft yet, you can use some boiling water instead.
8. Take the pan off the stove and add some salt and pepper to taste. Add the majority of the Parmigiano Reggiano and stir the mascarpone through.
9. Put the risotto on the plates and garnish with the rest of the Parmigiano Reggiano (optional: add the green fennel leaves) and serve with the fennel salad.

*Jamie O*

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### Serves 3

- 2 onions
- 8 sprigs of fresh thyme
- 1 fennel
- 1 lemon
- 3 pork sausages
- ½ tl fennel seeds
- ½ tl chili flakes
- 225 g risotto rice
- 30 g Parmigiano Reggiano
- 75 g mascarpone

**Good to have at home:** seasalt and black pepper, olive oil, extra virgin olive oil, 1000 ml organic vegetable bouillon, optional: 75 ml white wine

### Nutrition per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRES
709.0 kcal	31.1 g	9.1 g	30.2 g	81.1 g	11.5 g	1.8 g	4.2 g

**Allergens:** milk, traces of celery.

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1. Chop the onion and remove the thyme leaves from the sprigs. Halve the fennel and remove the core. Cut the fennel's leaves and store for garnishing. Chop one half of the fennel into small pieces and the other into thin slices with a sharp knife and put the slices in a bowl.



2. Squeeze the lemon over the fennel slices to taste. Drizzle with 1 tsp. extra virgin olive oil, season with salt and pepper and put aside.

3. Cut the ends off of the sausage and squeeze the meat from the skin or slice the sausage in smaller pieces and throw the skin in the trash.

4. Heat 2 tbsp. of olive oil in a medium sized frying pan and fry the fennel seeds, chili flakes (careful, they're spicy!), onion, chopped fennel, thyme and the meat. Loosen the meat with a spoon. Bake for 15 minutes, or until everything is soft.



5. Prepare the bouillon and keep warm on low heat.

6. Stir the risotto rice through the vegetables in the pan and fry for 2 minutes. Pour the white wine (or the same amount of bouillon) in the pan and keep stirring until the liquid is absorbed.



7. Add large spoons of hot broth to the rice and keep stirring until all the bouillon is absorbed. Continue until the risotto is done and creamy. If you run out of bouillon but the rice isn't soft yet, you can use some boiling water instead.
8. Take the pan off the stove and add some salt and pepper to taste. Add the majority of the Parmigiano Reggiano and stir the mascarpone through.
9. Put the risotto on the plates and garnish with the rest of the Parmigiano Reggiano (optional: add the green fennel leaves) and serve with the fennel salad.

*Jamie O*

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## Serves 4

- 2 onions
- 10 sprigs of fresh thyme
- 2 fennels
- 1 lemon
- 4 pork sausages
- 1 tl fennel seeds
- ½ tl chili flakes
- 300 g risotto rice
- 40 g Parmigiano Reggiano
- 100 g mascarpone

**Good to have at home:** seasalt and black pepper, olive oil, extra virgin olive oil, 1250 ml organic vegetable bouillon, optional: 100 ml white wine

## Nutrition per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRES
707.0 kcal	31.2 g	9.1 g	30.8 g	79.8 g	10.6 g	2.1 g	3.5 g

**Allergens:** milk, traces of celery.

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1. Chop the onion and remove the thyme leaves from the sprigs. Halve the fennel and remove the core. Cut the fennel's leaves and store for garnishing. Chop one half of the fennel into small pieces and the other into thin slices with a sharp knife and put the slices in a bowl.



2. Squeeze the lemon over the fennel slices to taste. Drizzle with ½ tsp. extra virgin olive oil, season with salt and pepper and put aside.
3. Cut the ends off of the sausage and squeeze the meat from the skin or slice the sausage in smaller pieces and throw the skin in the trash.



4. Heat 1 tbsp. of olive oil in a medium sized frying pan and fry the fennel seeds, chili flakes (careful, they're spicy!), onion, chopped fennel, thyme and the meat. Loosen the meat with a spoon. Bake for 15 minutes, or until everything is soft.



5. Prepare the bouillon and keep warm on low heat.
6. Stir the risotto rice through the vegetables in the pan and fry for 2 minutes. Pour the white wine (or the same amount of bouillon) in the pan and keep stirring until the liquid is absorbed.

7. Add large spoons of hot broth to the rice and keep stirring until all the bouillon is absorbed. Continue until the risotto is done and creamy. If you run out of bouillon but the rice isn't soft yet, you can use some boiling water instead.
8. Take the pan off the stove and add some salt and pepper to taste. Add the majority of the Parmigiano Reggiano and stir the mascarpone through.
9. Put the risotto on the plates and garnish with the rest of the Parmigiano Reggiano (optional: add the green fennel leaves) and serve with the fennel salad.

*Jamie O*

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## Serves 5

- 2 onions
- 12 sprigs of fresh thyme
- 2 fennels
- 1 lemon
- 5 pork sausages
- 1 tl fennel seeds
- ½ tl chili flakes
- 375 g risotto rice
- 50 g Parmigiano Reggiano
- 125 g mascarpone

**Good to have at home:** seasalt and black pepper, olive oil, extra virgin olive oil, 1400 ml organic vegetable bouillon, optional: 125 ml white wine

## Nutrition per serving:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGAR	SALT	FIBRES
697.0 kcal	31.2 g	8.9 g	30.8 g	72.4 g	8.7 g	1.9 g	2.6 g

**Allergens:** milk, traces of celery.



1. Snipper de **onion** en ris de **tijmblaadjes** van de takjes. Halveer de **fennel** en verwijder de harde kern. Snijd eventueel het groene loof van de **venkel** klein en houd apart ter garnering. Hak de ene helft van de **venkel** fijn en snijd de andere helft in flinterdunne plakjes met een scherp mes (of met een mandoline als hulpstuk!) en doe de plakjes in een kom.
2. Pers de **lemon** naar smaak uit over de plakjes **venkel**. Spenkel er 2 eetlepels extra virgin olijfolie over, hussel er een snufje **peper** en **SALT** door en zet opzij.
3. Snijd het uiteinde van de **varkensbraadworst** af en knijp het vlees uit het vel of snijd de **worst** in stukken en gooi het vel weg.
4. Verhit 3 eetlepels olijfolie in een middelgrote pan op matig vuur, doe er het **fennel seeds**, de **chili flakes** (pas op niet te veel, **chili flakes** zijn pittig!), **onion**, fijngehakte **venkel**, **tijm** en het vlees bij. Maak het vlees rul met een lepel. Bak 15 minuten, of tot alles zacht en licht verkleurd is.
5. Bereid ondertussen de bouillon en houd warm op laag vuur.
6. Roer de **risotto rice** door de groenten in de pan en bak 2 minuten mee. Giet de white wine (of dezelfde hoeveelheid bouillon) erbij en blijf roeren tot het vocht geabsorbeerd is.
7. Voeg soeplepels hete bouillon bij de **rijst** en blijf regelmatig roeren tot alle bouillon geabsorbeerd is. Ga hiermee door tot de **risotto** gaar en romig is – als de bouillon op is maar de **rijst** nog niet zacht, gebruik je gewoon wat kokend water.
8. Haal de pan van het vuur en voeg **SALT** en **peper** naar smaak toe. Voeg het grootste deel van de **Parmigiano Reggiano** toe en roer er de **mascarpone** door.
9. Verdeel de **risotto** over de borden of kommen, bestrooi met de rest van de **Parmigiano Reggiano**, het eventueel achtergehouden **venkelloof** en serveer met de **venkelsalade**.

*Jamie*

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## Ingredients

	1P	2P	3P	4P	5P	6P
Garlic clove	1	2	3	4	5	6
Broccoli (g)	250	400	650	800	1050	1200
Agria potato slices (g)	200	400	600	800	1000	1200
Paprika powder (tsp.)	1	2	3	4	5	6
Diced tomato (can)	½	1	1½	2	2½	3
Sea bream fillet with skin (80 g) 4)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	2	2	3	4	4
Black balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Honey (tsp.)*	½	1	1½	2	2½	3
Real butter (tbsp.)*	½	1	1	1	1½	1½
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

4) Fish

## Utensils

Frying pan, pot with lid

**Nutrition Facts** 654 kcal | 29 g protein | 64 g carbs | 30 g fat, of which 9 g saturated | 7 g fibres



**1** Cut or press the garlic. Cut the flower of broccoli into florets and stem into cubes of 1 - 2 cm.

**2** Then heat half of the olive oil in a frying pan and fry the potato slices for 15 minutes over medium heat. Stir regularly and season with salt and pepper.

**3** Meanwhile, heat the remaining olive oil in a pot with a lid and cook garlic, broccoli and paprika for 1 minute over medium heat. Add the chopped tomatoes, black balsamic vinegar and honey, season to taste with salt and pepper and bring to a boil while stirring. Then cover the pan and let simmer for 10 minutes on medium low heat.

**4** Heat the butter in a frying pan over medium heat bake the sea bream fillet for 4 minutes on the skin side. Turn over and cook for 1 - 2 minutes. Season with salt and pepper.

**5** Divide the potatoes and stewed vegetables on the plates. Serve with the sea bream fillet.







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## Creamy pasta with cauliflower - carrot mix and almonds

With spring onion and fresh Italian herbs

This winter pasta is both creamy and spicy at the same time. The cauliflower provides a nutty flavor which is enhanced by the salted almonds. In addition, the rosemary, oregano and spring onions add a spicy flavor. In short, enjoy strong flavors! Tasty as the days get colder!

store in refrigerator



20-25 min



easy



eat within  
3 days



vegetarian



kid  
friendly



Cauliflower-carrot mix



Spring onion Fresh rosemary and oregano



Cooking cream Salted almonds



Casarecce integrale

Ingredients	1P	2P	3P	4P	5P	6P
Cauliflower-carrot mix (g) <b>23)</b>	250	500	750	1000	1250	1500
Caserecce integrale (g) <b>1)</b>	90	180	270	360	450	540
Spring onion (pc)	2	4	6	8	10	12
Fresh rosemary (stems) <b>23)</b>	½	1	1½	2	2½	3
Fresh oregano (stems) <b>23)</b>	2	3	4	5	6	7
Salted almonds (g) <b>8) 19) 22)</b>	20	40	60	80	100	120
Cooking cream (tbsp.) <b>7)</b>	50	100	150	200	250	300
Olive oil (tbsp.)*	½	1	1	1	2	2
Pepper and salt*	To Taste					

\* Add yourself

### Allergens

**1)** Gluten **7)** Milk/lactose  
**8)** Nuts

May contain traces of **19)** peanuts, **22)** (other) nuts and **23)** celery.

### Utensils

Large pot with lid, stir-fry or sauté pan with lid

**Nutrition Facts** 650 kcal | 18 g protein | 76 g carbs | 28 g fat, of which 8 g saturated | 13 g fibres



- 1** Boil 700 ml of water per person in a large pot with a lid the cauliflower-carrot mix and caserecce.
- 2** Cook the cauliflower-carrot mix and caserecce in large pot with a lid, covered, for 10 minutes on medium low heat. Drain and keep a small part of the cooking liquid and leave without a lid to steam.
- 3** Meanwhile, cut the spring onions into thin rings. Remove the oregano and rosemary from the stems and chop finely. Chop the almonds finely.
- 4** Then heat the oil in a stir-fry or sauté pan with lid and fry the oregano, rosemary, majority of the spring onion and ⅓ of salted almonds for 1 minute on medium low heat. Add the cream and 2 tbsp. of cooking water from the caserecce per person and bring to a boil while stirring.
- 5** Add the cauliflower-carrot mix and caserecce to the stir-fry or sauté pan with a lid, heat for 2 minutes on high heat and season with salt and pepper.
- 6** Divide the dish on the plates and garnish with the remaining spring onion and salted almonds.

**Tip!** Not a fan of the pungent taste of raw spring onions? Bake all of the spring onions along with the herbs.



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WINEBOX

### Sedosa tinto

A dish with an exciting combination of flavors. We prefer to pour a smooth red wine.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



## Garlic rice with radish, carrots and salted cashews

With crunchy salad and scrambled eggs

Garlic rice, just a little different. This allows the aromas and flavors to be released. This flavor blends well with the radish-carrot mix. We have already cut the radish into thin strips!

store in refrigerator



30-35 min



easy



eat within  
3 days



vegetarian



kid  
friendly



gluten free



Spinach



Carrot-radish mix



Free-range egg



Garlic clove



Cashews



Ginger



Basmati rice



Curry spices



## Ingredients

	1P	2P	3P	4P	5P	6P
Garlic clove (pc)	1	2	3	4	5	6
Cashews (g) <b>8</b> <b>19</b> <b>22</b>	20	40	60	80	100	120
Ginger (cm)	1	2	3	4	5	6
Spinach (g) <b>23</b>	200	400	600	800	1000	1200
Basmati rice (g)	85	170	250	335	420	500
Carrot-radish mix (g) <b>23</b>	75	150	225	300	375	450
Curry spices (tsp.)	1	2	3	4	5	6
Free-range egg (pc) <b>3</b>	1	2	3	4	5	6
Real butter (tbsp.)*	1	1	2	2	3	3
White wine vinegar (tsp.)*	1	1½	2	2½	3	3½
Sunflower oil (tbsp.)*	1	1	2	2	3	3
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

**3**) Eggs **8**) Nuts  
May contain traces of  
**19**) peanuts, **22**) (other)  
nuts and **23**) celery.

## Utensils

Pot with lid, stir-fry or  
sauté pan with lid, salad  
bowl, frying pan

**Nutrition Facts** 654 kcal | 29 g protein | 64 g carbs | 30 g fat, of which 9 g saturated | 7 g fibres



**1** Bring 175 ml of water per person to boil the rice. Cut or press the garlic. Chop the cashews coarsely. Peel the ginger and chop finely. Tear the spinach small.

**2** Heat half the butter in a pot with a lid and cook the garlic for 1 minute on medium low heat. Add the rice and cook, stirring for 30 seconds. Add the boiling water and cook, covered, for 10 - 12 minutes.



**3** Meanwhile, heat a stir-fry or sauté pan with a lid over high heat and fry the cashews, without oil, until golden brown. Remove from the pan and set aside. Meanwhile, mix ½ carrot-radish mix with white wine vinegar in a salad bowl and season with salt and pepper.

**4** Heat the sunflower oil in the same stir-fry or sauté pan with a lid and fry the ginger, the rest of the carrot-radish mix and the curry spices for 1 minute over medium heat, add 25 ml of water per person and cook, covered, for 8 - 10 minutes. Stir frequently. Add half of the spinach (do this in parts) and season with salt and pepper.



**5** Heat the remaining butter in a frying pan and cook, whilst stirring, a scrambled egg. Season with salt and pepper.

**6** Divide the rice and vegetables on the plates and garnish with the scrambled eggs and cashews. Serve with radish salad.



**Tip!** Do you not want to serve a cold salad with this dish? Then fry everything along with the rice.



WINEBOX

### Quinta da Espiga tinto

This dish, with its with Middle Eastern elements, can best be served with an all-round wine that is both spicy and has a mild fruity taste.



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## Roasted vegetables with falafel balls

With sweet potato, spicy yogurt sauce and naan bread

The sweet potato only needs to be cooked briefly for it to soften. Then you bake it in the oven with the tomatoes and bell peppers. We have decided to use twisted-falafel balls in the dish this time so you have more time.

store in refrigerator



20-25 min



easy



eat within  
3 days



vegetarian



spicy



Falafel balls



Yogurt



Sweet potato



Yellow bell pepper



Mini roma tomatoes



Naan bread



Ground coriander

## Ingredients

	1P	2P	3P	4P	5P	6P
Sweet potato (g)	150	300	450	600	750	900
Yellow bell pepper (pc)	½	1	1½	2	2½	3
Mini roma tomatoes (g)	200	400	625	750	1000	1200
Ground coriander (tsp.)	2	3	4	5	6	7
Naan bread (pc) <b>1) 6) 7) 25)</b>	½	1	1½	2	2½	3
Falafel balls (g) <b>1) 19) 22)</b>	125	250	375	500	625	750
Yogurt (tbsp.) <b>7) 19) 22)</b>	2	4	6	8	10	12
Olive oil (tbsp.)*	1	1	2	2	3	3
Sunflower oil (tbsp.)*	1	1	2	2	3	3
Pepper and salt*	To Taste					

\* Add yourself

## Allergens

**1)**Gluten **6)** Soy  
**7)** Milk/lactose  
 May contain traces of  
**19)** peanuts, **22)** nuts  
 and **25)** sesame.

## Utensils

Pot with lid, baking sheet  
 with baking paper, frying  
 pan

**Nutrition Facts** 769 kcal | 20 g protein | 89 g carbs | 35 g fat, of which 7 g saturated | 18 g fibres



**1** Preheat the oven to 220 degrees and cook 300 ml of water per person in a pot with a lid for the sweet potato. Peel the sweet potato and was thoroughly and cut into slices of up to 1 cm thick. Boil the sweet potato, covered, for 5 - 6 minutes in the pot with a lid and then drain.

**2** Meanwhile, cut the peppers into strips and remove the green of the mini roma tomatoes.

**3** On a baking tray with baking paper, mix the sweet potato, peppers, tomatoes, the majority of the ground coriander and the olive oil. Season with salt and pepper and bake 12 - 14 minutes in the oven. Heat the naan bread together with the vegetables for the last 3 minutes in the oven.

**4** Meanwhile, heat the sunflower oil in a frying pan and fry the falafel balls for 5 - 6 minutes until they are golden brown.

**5** Mix the yogurt with the remaining ground coriander and season to taste with salt and pepper.

**6** Divide the sweet potato and vegetables on the plates. Serve with the naan bread, the falafel balls and yogurt.



**Tip!** Do you want to be done faster? Then wash the sweet potato thoroughly and cut it, without peeling, into slices. Cook as indicated in the recipe and remove the peel while eating; which lets loose easy.





WINEBOX

### La Vieille Ferme rouge

A comfort dish requires a comfort wine. This soft, slightly spicy, smooth red Rhone wine is the perfect wine for this dish!



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## Penne bolognese with lentils and pecorino

With soft eggplant

This vegetarian dish is rich in proteins using both lentils and the Italian sheep cheese, pecorino. Lentils are rich in dietary fiber, like the whole Italian wheat penne. We like to show that the vegetarian variant of the famous Bolognese meat sauce is just as tasty!

store in refrigerator



30-35 min



easy



eat within  
5 days



Carrot



Pecorino



Lentils



Onion



Garlic clove



Eggplant



Oregano



Tomato puree



Penne integrale

## Ingredients

	1P	2P	3P	4P	5P	6P
lentils (g)	40	80	120	160	200	240
Onion (pc)	½	1	1½	2	2½	3
Garlic clove (pc)	1	2	2	3	3	4
Eggplant (pc)	½	1	1½	2	2½	3
Carrot (pc)	½	1	1½	2	2	3
Oregano (tsp.)	½	1	1½	2	2½	3
Tomato puree (can)	½	1	1½	2	2½	3
Penne integrale (g) <b>1)</b>	90	180	270	360	450	540
Pecorino (g) <b>7)</b>	40	75	100	125	150	200
Olive oil (tbsp.)*	1	1	2	2	3	3
Vegetable bouillon cube*	¼	½	¾	1	1¼	1½
Black balsamic vinegar (tbsp.)*	1	2	3	4	5	6
Honey (tsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil*	To Taste					
Pepper and salt*	To Taste					

**Nutrition Facts** 661 kcal | 25 g protein | 85 g carbs | 21 g fat, of which 8 g saturated | 15 g fibres

\* Add yourself

## Allergens

**1)** Gluten **7)** Milk/lactose

## Utensils

2x pot with lid, stir-fry or sauté pan with lid



**1** Mix the lentils with a pinch of salt and 300 ml of water per person in a pot with a lid. Bring to a boil, covered, and let simmer for 25 minutes. Then drain.

**2** Meanwhile, boil 500 ml of water per person in another pot with a lid for the penne.

**3** Chop the onion and cut or press the garlic. Cut the eggplant into 1 cm cubes and cut the carrots into small cubes.

**4** Heat the olive oil in a stir-fry or sauté pan with a lid and cook the onion and garlic for 2 minutes on medium low heat. Add the eggplant, carrot, oregano and tomato puree and cook, stirring for 1 minute. Add 100 ml water per person, crumble the bouillon cube over the pan and add the black balsamic vinegar, honey and pepper to taste. Cover the pan and let simmer 10 minutes. Add extra water if the sauce becomes too dry.

**5** Meanwhile, cook the penne, covered, for 10 - 12 minutes and then drain.

**6** Drain the lentils and add to the lentils and half of the pecorino to the stir-fry or sauté pan. Season with pepper, salt and heat for 1 minute. Then add the penne.

**7** Divide the dish on the plates and garnish with the remaining pecorino. Drizzle with extra virgin olive oil to taste.

**Tip!** The lentils have a bit of a bite after being boiled for 25 minutes. Do you prefer softer lentils? Boil the lentils for 5 - 10 minutes longer.





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## Tangerine trifle

### A layered dessert

Trifle is a well known dessert made of multiple layers. This one has a layer of cake, vanilla cream cheese and fresh fruit.



easy

### Ingredients for 4 trifles

4 tangerines  
400 ml vanilla curd\*  
50 g real butter, at room temperature\*  
50 g sugar\*  
50 g flour\*  
1 egg\*  
pinch of salt\*  
pinch of cinnamon\*

\* Add yourself

### Allergens

There are no allergens in the products from the Fruitbox you use for this recipe.

### Utensils

Bowl, cake mold



**1** Heat the oven to 160 degrees.

**2** Beat the butter with the sugar, vanilla sugar and a pinch of salt in a bowl. Then add the egg. When it has been absorbed, including the flour, mix everything together until smooth. Pour into a cake tin and bake for 20 minutes in the oven. Then let it cool for 15 minutes



**3** Cut the cooled cake into pieces. Peel the mandarins, halve the wedges and remove any seeds. Fill glasses alternately with the cake, mandarins and vanilla curd. Garnish with a pinch of cinnamon.



**Tip!** Do you want to save time? Use a ready-made cake.





## Apple crumble of granola with raisins



Ingredients for 1 breakfast	2P	4P
Jonagold apple	2	4
Cinnamon (pack)	½	1
Honey (pot)	1	2
Granola flakes (g) <a href="#">1</a> <a href="#">8</a> <a href="#">12</a> <a href="#">19</a> <a href="#">22</a>	100	200
Full-fat yoghurt (ml) <a href="#">7</a> <a href="#">15</a> <a href="#">20</a>	250	500
Real butter (tbsp.)	½	1

\* Add yourself  
**Utensils**  
 Bowl, oven dish



**Allergens** [1](#)) Gluten [7](#)) Milk/lactose [8](#)) Nuts [12](#)) Sulfite. May contain traces of [15](#)) gluten, [19](#)) peanuts, [20](#)) nuts and [22](#)) nuts.

### Nutrition Facts

426 kcal | 9 g protein | 67 g carbs | 12 g fat | of which 6 g saturated | 6 g fibres

**1** Preheat the oven to 200 degrees. Peel the apple (Jonagold) and cut into cubes.

**2** In a bowl, mix the apple with cinnamon and half of the honey.

**3** Grease a baking dish with butter. Divide the apple mixture into the oven dish. Sprinkle with granola and bake 20 - 25 minutes in the oven.

**4** Divide the muesli into the bowls and serve with yogurt and remaining honey.

